

### III. Amendments to the Abstract

Please add the following new abstract:

#### ABSTRACT

A fastening fastener is provided ~~comprising~~ including a bolt. The bolt has a head and a threaded shank extending from the head. The threaded shank is dimensioned to co-operate with a predetermined threaded bore, with the free end of the shank remote from the head being provided with an end cap and the end cap having a yieldable formation to engage frictionally with the threaded bore.